

# The Ultimate Guide to Float Therapy

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# CONTENTS

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- 01** About Float Missoula
- 02** About Float Tanks
- 03** Benefits of Float Therapy
- 04** Is Float Therapy for You?
- 05** How to Get Started
- 06** How to Build a Practice
- 07** Claim Your Exclusive Offer

CHAPTER

01

# About Float Missoula

Float Missoula is a natural Wellness Center and Apothecary, offering Float Therapy, Infrared Sauna, and Massage Therapy, located on the Hip Strip in Downtown Missoula, Montana.



# About Float Missoula

Hours: Open Daily from 10 AM - 10 PM

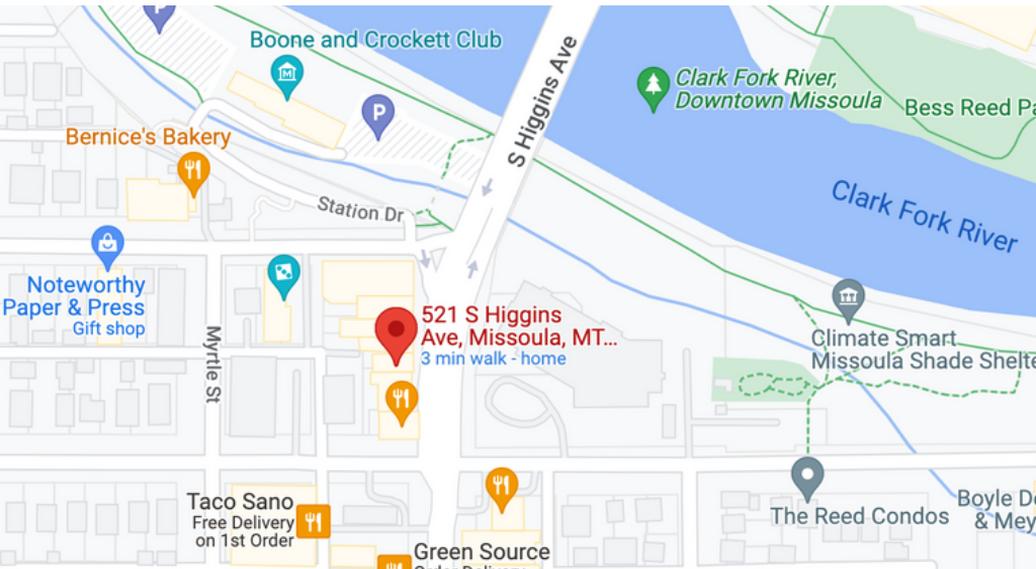
Website: [www.floatmsla.com](http://www.floatmsla.com)

Email: [frontdesk@floatthehipstrip.com](mailto:frontdesk@floatthehipstrip.com)

Phone: 406.493.0502

Book an Appointment Online

521 South Higgins Avenue, Missoula,  
Montana 59801





CHAPTER

02

# Introduction to Float Therapy

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# What Is Float Therapy?

Float Therapy goes by many different names. The scientific name for Float Therapy is Restricted Environment Stimulation Therapy, or R.E.S.T. Float Therapy is also sometimes referred to as “Sensory Deprivation Therapy” or simply “Floating.”

All of these terms refer to the same thing - an environment that minimizes external stimuli such as light, sound, gravity, and the sensation of the skin. To achieve this effect, Float Therapy uses a device commonly called a “Float Tank.”

# What Is a Float Tank?

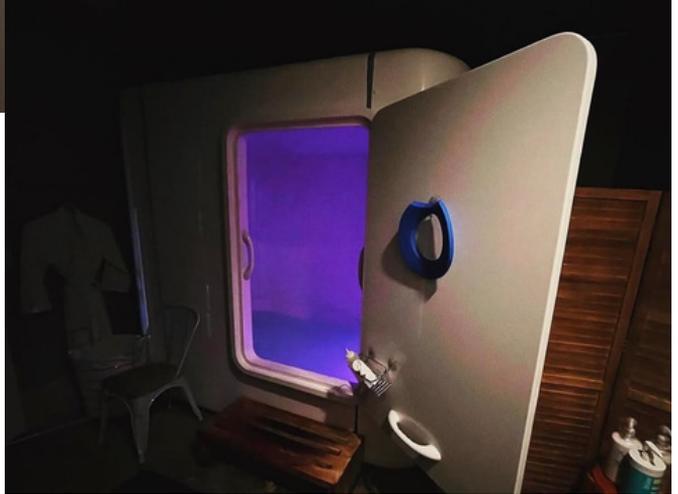
A float tank is simply the device that Float Therapy is practiced in. There are many different styles of float tanks, from hundreds of different manufacturers.

Modern float tanks have state-of-the-art controls and filtration systems and are available to the general public. “Float Centers” or “Float Spas” are wellness centers that specialize in Float Therapy.

That’s what Float Missoula is.

# Float Missoula Has 2 Types of Float Tanks

Evolution Float Pod



Quest Float Suite

# What Does a Float Tank Do?

## **Reduces Gravity**

A float tank is an enclosed tub with 12 inches of water on the bottom and about 1200 pounds of dissolved Epsom Salt in the water. The solution is so dense that it allows the user to “Float” along the surface of the water.

## **Removes Light**

Inside the tank, there are controls over lights and sounds. You can float with the lights on or off. When the lights are off, the tank is pitch black.

# What Does a Float Tank Do?

## **Removes Sound**

You can listen to relaxing music while you float or turn the music off. When the music is off, the tank is completely silent.

## **Removes Sensations of Touch**

The air and water inside the tank is heated to the surface temperature of your skin - about 93.5 degrees Fahrenheit - so, the sensation of the skin just melts away. After a few minutes, you won't be able to tell the difference between the air and the water.



CHAPTER

03

# The Benefits of Float Therapy

(Backed by Science)

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# Top 20 Benefits of Float Therapy

## 1. Floating Can Relieve Stress, Anxiety, and Depression

73 percent of the population experiences stress that affects their mental health. Most commonly, that results in Anxiety and Depression.

New research has revealed that Float Therapy reduces anxiety, in a way that rivals some prescription drugs and meditation.

# Top 20 Benefits of Float Therapy

## 2. Floating Can Reduce Symptoms of PTSD

Post Traumatic Stress Disorder (PTSD) affects more than 24 million people in the United States at any given time. While much research has been done on the anti-anxiety properties of Float Therapy, studies on clinical populations are just beginning to emerge.

Watch Dr. Justin Feinstien, of the Laureate Institute for Brain Research, talk about his initial findings on treating PTSD with Float Therapy.

# Top 20 Benefits of Float Therapy

## 3. Floating Can Reduce Back and Neck Pain

Float Therapy takes the pressure off joints and muscles by suspending you in salt water. This causes deep relaxation and can allow the body to naturally heal.

Researchers Thomas H. Fine and Roderick A. Borrie, Ph.D., conducted a study with patients who had mostly been experiencing chronic back pain for greater than 6 months and saw a reduction in back pain by 63.6%.

# Top 20 Benefits of Float Therapy

## 4. Floating Can Reduce Insomnia

About 30% of the population suffers from some form of sleep disruption, according to this study.

Insomnia is most commonly caused by stress and anxiety. Float Therapy can relieve stress and anxiety and provide Magnesium, which can help you sleep.

# Top 20 Benefits of Float Therapy

## 5. Floating Can Decrease Muscle Tension from Stress

About 33 percent of people report feeling extreme stress. 77 percent of people experience stress that affects their physical health.

One of the main physical effects of stress is muscle tension - aches, pains, and soreness. Float Therapy can relieve pain caused by muscle tension, according to this study.

# Top 20 Benefits of Float Therapy

## 6. Floating Can Stimulate Creativity

# Top 20 Benefits of Float Therapy

## 7. Floating Can Soothe Fibromyalgia Pain

Fibromyalgia is a pain condition that affects between 2 and 10% of the population in the U.S.

A 2012 study reported fibromyalgia sufferers a significant reduction in pain, muscle tension, stress, anxiety and sadness, as well as significant increases in relaxation, sleep quality, energy levels, feelings of well-being, and ease of movement.

# Top 20 Benefits of Float Therapy

## 8. Floating Can Reduce Addictive Behaviors

A 1990 study showed Float Therapy could be a useful treatment for addictive behavior including smoking, overeating, alcohol consumption and drug misuse. There is a substantial body of literature demonstrating the effectiveness of REST in modifying smoking behavior.

**And the benefits don't end there. In fact, there are so many benefits, we don't have time to talk about them all (but we listed them below)...**

# **Top 20 Benefits of Float Therapy**

**9. Floating Can Improve Athletic Performance**

**10. Floating Can Accelerate Healing from Injury**

**11. Floating Can Accelerate Learning**

**12. Floating Can Aid Mental Clarity**

**13. Floating Can Enhance Meditation Practices**

**14. Floating Can Reduce Blood Pressure & Improve Circulation**

# Top 20 Benefits of Float Therapy

**15. Floating Can Treat Chronic Fatigue**

**16. Floating Can Reduce Inflammation**

**17. Floating Can Reduce Pain from Tendonitis**

**18. Floating Can Strengthen Your Immune System**

**19. Floating Can Improve Your Skin Health**

**20. Floating Can Relieve Pregnancy Pain**



CHAPTER

04

# How To Get Started with Float Therapy

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# Who Should Try Float Therapy

## Who Should Try Float Therapy

Float Therapy is for anyone who wants the benefits that we listed in the previous section.

However, there are some groups of people who Float Therapy is particularly popular with:

1. Veterans
2. Athletes
3. People with High-Stress Jobs
4. People with Hard-Labor Jobs

# Who Should Not Try Float Therapy

## Who Should Not Try Float Therapy

Float Therapy is not recommended if you have epilepsy, kidney disease, low blood pressure, any contagious disease, including diarrhea or gastroenteritis (and for 14 days following), open wounds, or skin ulcers.

# What If I'm Claustrophobic?

About 5% of the population is clinically claustrophobic. Many more just don't like tight spaces.

For those people, the idea of getting in a Float Tank is daunting but, in our experience, the vast majority of people with Claustrophobia find the inside of a Float Tank very comfortable.

We recommend booking a free, private tour of one or both of our Float Rooms to get used to the idea. You can book a free tour online or call 406.493.0502.

# How to Book an Appointment

You can book an appointment online by clicking [here](#). You can also book an appointment over the phone, by calling 406.493.0502. Or, walk in and book an appointment.

For the online booking service:

## **Step 1: Select a Service**

Choose from 60, 90, or 120 Minute Float Sessions.

## **Step 2: Select a Float Tank**

If you're not sure, read the next section "How to Choose the Right Float Tank for You."

# How to Book an Appointment

## **Step 3: Choose a Date and Time**

We are open 7 days a week, from 10 AM - 10 PM. You can book appointments up to 30 days in advance.

## **Step 4: Fill Out Your Information**

Fill in your first and last name, email address, and phone number.

You will be asked to input your debit card information but don't worry, you won't be charged until after your float session.

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## **Step 3: Choose a Date and Time**

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# How to Choose the Right Float Tank for You

Float Missoula has two different float tanks to fit your needs. Each float tank is in its own private room with a shower and a changing area so it's totally private to you.

# How to Choose the Right Float Tank for You

## Option 1: Evolution Float Pod



# How to Choose the Right Float Tank for You

## Option 1: Evolution Float Pod

- Comfortable for floaters under 6' tall
- Best for floaters who are not claustrophobic
- 4.5' wide by 7' long, the ceiling is about 4' tall
- Shower and changing area in a private room

# How to Choose the Right Float Tank for You

## Option 2: Quest Float Suite



# How to Choose the Right Float Tank for You

## Option 2: Quest Float Suite

- The Quest Float Suite Is:
- Comfortable for floaters under 7' tall
- Best for floaters who are claustrophobic
- 5' wide by 8' long, the ceiling is about 8' tall
- Shower and changing area in a private room
- **Note: the price is the same, regardless of which room you choose.**

# How to Prepare for Your First Float

**24 Hours Prior:** Book your float session. Find directions to our location. Avoid alcohol. Avoid shaving. Dark or vibrant hair dye must not rinse out in the shower.

**12 Hours Prior:** Remain hydrated. Eat healthy, nourishing foods. Get plenty of sleep.

**2 Hours Prior:** Stop hydrating, just sip water when thirsty. Eat a light snack that will prevent you from getting full but won't upset your stomach.

# How to Prepare for Your First Float

**1 Hour Prior:** Sit down for a light meditation and set your intention for your session. Your intention this first time should just be to experience without judging. Don't expect too much.

**10 Minutes Prior:** Show up at the front desk, check-in, fill out the waiver form, ask any questions you might have, leave time to sit in the lounge and breathe, use the bathroom and lightly sip water.

# How to Prepare for Your First Float

**5 Minutes Prior:** You'll be given a comprehensive pre-float brief. One of our staff members will show you to your room, tell you step-by-step instructions, show you how the float tank works, how you'll know when the session is over, and answer any last questions you have.

\*Note: everything you need to float will be provided for you - earplugs, towel, shampoo, conditioner. There are hairbrushes, moisturizers, a hairdryer, etc in our changing room.

# What to Do During Your Float

By this time, you've had the pre-float briefing.

You're all showered, got your earplugs in, and are lying in the tank with your lights and sounds set the way you want them. You've found a comfortable position and are settling in...

Now what do you do? How do you do nothing for an hour?

# What to Do During Your Float

Many people find a basic mindfulness practice helpful.

- Inhale through your nose for 6 seconds, filling from the pit of your stomach to the top of your chest.
- Exhale through the mouth for 6 seconds from the top of your chest to the pit of your stomach.
- No pause at the top or bottom of the breath, try to make the transition from inhale to exhale as smooth as possible.

# What to Do During Your Float

- Try to elongate the out-breath from 6 seconds to 8 seconds or longer.
- Imagine wrapping the breath completely in your awareness, like a cat watching a mouse hole.
- Each time a thought arises and breaks your focus simply acknowledge that with kindness and return to focusing on the breath.
- Try for 40 repetitions. If you lose count, simply start back over at the last number you remember.

# What to Do After Your Float

The idea is to preserve the "Post-Float Glow" for as long as possible.

- Don't go straight back to work.
- Join us in the lobby for a refreshment or sit for a while and journal.
- Go for a walk along the river trail, just a few steps from our front door.
- Schedule a massage, attend a yoga class, or go out for a quiet cup of coffee or tea.
- Don't forget to book your next appointment before you leave. Don't worry, we'll remind you.

A woman with long dark hair is seen from the back, standing in a float tank. Her right arm is raised towards the ceiling. The tank's interior is illuminated with a soft purple light. The background shows the dark interior of the tank and the white ceiling.

CHAPTER

06

# Building a Float Therapy Practice

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# Building a Float Therapy Practice

## How Often Should You Float?

We recommend floating once per week for the first month. Then, depending on your goals, continue to float:

**Once per Week:** Best for people with severe and chronic issues like anxiety, depression, PTSD, chronic pain, fibromyalgia, etc.

**Once per Month:** Best for people who have regular but less severe issues like back pain and stress.

# Building a Float Therapy Practice

**As Needed:** Best for people who float for general well-being, relaxation, and occasional periods of high stress, anxiety, or depression.

# Other Modalities to Add to Your Float Therapy Practice

## **Massage Therapy**

Lots of people combine their float session with a massage, either before or after their float. Massage can add to the stress relief benefits of floating, help you recover, and ease tension in the body.

Float Missoula has two licensed massage therapists on staff. You can learn more about them on our [Massage Therapy](#) page.

# Other Modalities to Add to Your Float Therapy Practice

## Massage Therapy

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# Other Modalities to Add to Your Float Therapy Practice

## Sauna

Lots of people combine their float session with Infrared Sauna, either before or after their float. Sauna before floating is recommended for people who tend to run cold. Sauna after floating is recommended for people who want greater detoxification and relaxation.

Float Missoula has a top-of-the-line Infrared Sauna on site. You can learn more about it on our Infrared Sauna page.

# Other Modalities to Add to Your Float Therapy Practice

## High-Quality Supplements

Many of our customers use supplements to enhance all of the benefits of floating. Float Missoula's Apothecary has anything you might need.

Every product we carry is of the highest possible quality, made with natural ingredients. See our favorite products on our [Store Page](#).

# Other Modalities to Add to Your Float Therapy Practice

Here are some other modalities that pair nicely with Float Therapy:

- Journaling
- Meditation
- Yoga or Stretching
- Physical Exercise
- Breathwork
- Healthy Eating
- Sleep Hygiene
- Psychotherapy
- Physical Therapy



CHAPTER

07

A Special Offer  
to Help You Get  
Started

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# **Book Your 1st Float Today & Save \$21 Off the Regular Price**

Learn how on the next page.  
(It's super easy)



# To Claim Your Special Offer:

1. Book an appointment online for a 60-minute float session (or over the phone at 406.493.0502.)
2. Enjoy your first float.
3. At checkout, simply mention you would like to claim your special offer for a \$49 first float, simple as that.



# Thanks for Reading!

Click the button below to claim your  
special offer today!

**BOOK YOUR FIRST FLOAT**